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RESOURCES FOR LEARNING ABOUT FOOD ADDICTION

(All are easy reading)

- 1) The Yale Food Addiction Scale, Corbett, Gearhardt & Brownell: contact Ashley.gearhardt@yale.ed

<http://www.yaleruddcenter.org/resources/upload/docs/what/addiction/FoodAddictionScale09.pdf>

- 2) "Can Food Really Be Addictive?..." Time Health & Family online. This online article addresses the opinions of Dr. Nora Volkow, the head of NIDA.


<http://healthland.time.com/2012/04/05/yes-food-can-be-addictive-says-the-director-of-the-national-institute-on-drug-abuse/>

- 3) "Heroin vs. Haagen-Dazs: What Food Addiction Looks Like In the Brain" Time Health & Family online. This online article addresses a study published in the *Archives of General Psychiatry* in 2011.

<http://healthland.time.com/2011/04/04/heroin-vs-haagen-dazs-what-food-addiction-looks-like-in-the-brain/>

- 4) "Americans May Be Fatter Than We Think" Time Health & Family online. This online article addresses the possibility that women are actually fatter than is generally represented in the medical literature.

<http://healthland.time.com/2012/04/03/americans-may-be-much-fatter-than-we-think-study-says/>

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- 5) “Neural Correlates of Food Addiction” Gearhardt, Yokum, Orr: Archives of General Psychiatry, American Medical Association, 2011. This study had the objective to test the hypothesis that elevated “food addiction” scores are associated with similar patterns of neural activation as substance abuse.

http://www.yaleruddcenter.org/resources/upload/docs/what/addiction/NeuralCorrelatesFoodAddiction_AGP_4.11.pdf

- 6) “Salt Sugar Fat: How the Food Giants Hooked Us” by Michael Moss: Random House, 2013. This book is an excellent commentary on the topic and provides scholarly research to back up the ideas he puts forth. Easy, interesting reading.